

SAFETY ALERT

Crib Bumper Pads Pose a Suffocation,
Strangulation & Choking Hazard for Babies



**Do not use crib bumpers in cribs, bassinets
and other sleep environments.**

What You Need to Know

- ✓ Due to their lack of strength and motor development, infants may suffocate, choke and/or become strangled in a crib bumper.
- ✓ The American Academy of Pediatrics, Kids in Danger, American SIDS Institute, SIDS of Illinois, and the Canadian Health Department all warn parents not to use crib bumpers.
- ✓ The U.S. Consumer Product Safety Commission is re-examining the safety of crib bumpers.

Questions? Please visit www.IllinoisAttorneyGeneral.gov or call 1-888-414-7678 (TTY: 1-800-964-3013).



sids
Sudden Infant Death Syndrome
of Illinois, Inc.

American Academy
of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Illinois Chapter



Illinois Hospital Association



LISA MADIGAN
ILLINOIS ATTORNEY GENERAL

Illinois PIRG
Standing Up
To Powerful Interests

Illinois Public Interest Research Group
201 N. Dearborn, Ste. 200 Chicago, IL 60610
www.pirg.org 800/368-0871

Illinois
**action for
children**

**40
years**

Kids In Danger

Illinois Valley – Area Parent References

Groups & Resources for Parents of Small Children

www.ivareaparentreferences.blogspot.com





Professionals & Researchers

QUICK REFERENCE AND FACT SHEETS

Breastfeeding

Breastmilk is the best food for most babies. Breastmilk contains all the nutrients a baby needs for healthy growth and development during the first six months of life, as well as substances that help protect a baby from many illnesses. Breastfeeding provides health benefits for the mother, including earlier return to her pre-pregnancy weight. And there are emotional benefits for mother and baby from the special bond that develops between them.

The March of Dimes urges all new mothers to breastfeed if they are able. The American Academy of Pediatrics (AAP) recommends that a baby be breastfed for at least twelve months (1). However, even babies who breastfeed for only a short period of time experience health benefits.

What are the benefits of breastfeeding for the baby?

Breastmilk provides the ideal amounts of protein, sugar, fat and most vitamins a baby needs for healthy growth and development. Breastmilk also contains substances called antibodies that help protect a baby from many illnesses. Studies show that breastfed babies are less likely than formula-fed babies to have ear infections, lower-respiratory infections (such as pneumonia and bronchitis), meningitis, urinary tract infections and diarrhea (1). Studies also suggest that breastfed babies may be less likely to die from sudden infant death syndrome (SIDS) (1). Breastmilk is easy for a baby to digest, so the baby may have less gas and discomfort than a formula-fed baby.

The health benefits of breastfeeding can last a lifetime. Studies suggest that children and adults who were breastfed are less likely to develop asthma, insulin-dependent diabetes and certain cancers (leukemia, lymphoma and Hodgkin's disease) (1). Babies who were breastfed may be less likely to become obese later in life (1).

Breastfeeding also may enhance brain development. Some studies suggest that children who were breastfed may score higher on tests of cognitive ability than children who were fed formula (1).

What are the benefits of breastfeeding for the mother?

Breastfeeding leads to increased levels of a hormone called oxytocin that causes the new mother's uterus to contract. This contraction helps reduce bleeding after delivery and shrink the uterus to its pre-pregnancy size. Breastfeeding also delays the return of a woman's menstrual period, helping her to postpone another pregnancy. It is difficult to determine when fertility will return in a breastfeeding mother. So if a woman and her partner do not want another baby right away, they should use birth control when they start having sex again.

Breastfeeding mothers burn more calories than women who don't breastfeed, so they tend to return to their pre-pregnancy weight more quickly. This is true even though a breastfeeding woman should eat 500 extra calories a day to keep up their milk supply and meet their own nutritional needs (2). Studies suggest that breastfeeding may help reduce a woman's risk of breast and ovarian cancer (1, 2).

How do breastmilk and formula differ?

Breastmilk contains all the ingredients that a human baby needs to thrive. Formulas based on cow's milk or soy include many of the same nutrients, but not all. Formula makers cannot duplicate all of the ingredients in breastmilk, because some of the ingredients are not known.

Breastmilk includes antibodies and other immune-system substances that help protect a baby from illness. It contains growth factors, hormones and other substances that help a baby grow and develop at an appropriate rate. Breastmilk also contains fatty acids that appear to promote brain development and, possibly, increase intelligence. Some formula makers add

they eat any milk products. Babies with galactosemia must be fed a non-dairy formula. Newborn screening tests detect most babies with galactosemia soon after birth.

Do premature or sick babies benefit from breastfeeding?

Many premature or sick babies cannot feed from the breast right away. However, the benefits of breastmilk, including protection from many diseases, may be especially crucial for these babies. Mothers can use a breast pump to express their milk so that the milk can be fed to their babies through a tube or with a dropper. By pumping her breasts, a mother keeps up her milk supply so that her baby can breastfeed when she is stronger.

How many women breastfeed their babies?

In 2003, about 70 percent of women in the United States were breastfeeding their babies when they left the hospital (4). About 36 percent of women were still breastfeeding their babies at 6 months of age (4). These are the highest numbers ever recorded in the United States.

Where can a woman find information and assistance with breastfeeding?

Pregnant woman and their partners should consider taking a breastfeeding class. Many hospitals offer these classes. After delivery, the postpartum nurse and the baby's health care provider will help assure that breastfeeding is going smoothly before the woman leaves the hospital. Breastfeeding should not hurt when done correctly. Many hospitals also have a lactation consultant on staff to provide assistance.

Once home, a mother should discuss breastfeeding questions with her baby's health care provider or a lactation consultant. Very few women cannot produce enough milk for their babies, so breastfeeding moms should ask for assistance when they need it.

All breastfed babies should be checked by a health care provider at 3 to 5 days of age (1). The provider will examine the baby and check to see if he has jaundice (yellowing of the skin, which occasionally requires treatment). The provider also will weigh the baby to make sure he is gaining enough weight.

The following organizations can also provide materials and assistance:

- American Academy of Pediatrics
(847) 434-4000
- La Leche League, International
(800) 525-3243
- International Lactation Consultant Association
(919) 861-5577
- American College of Nurse-Midwives
- Online community of mothers and nursing professionals

References

1. American Academy of Pediatrics (AAP). *Breastfeeding and the Use of Human Milk: Policy Statement*. Pediatrics, volume 115, number 2, February 2005, pages 496-506.
2. American College of Obstetricians and Gynecologists (ACOG). *Your Pregnancy and Birth*, 4th Edition. ACOG, Washington, DC, 2005.
3. Centers for Disease Control and Prevention (CDC). *Neurologic Impairment in Children Associated with Maternal Dietary Deficiency of Cobalamin—Georgia, 2001*. Morbidity and Mortality Weekly Report, volume 52, number 4, January 31, 2003, pages 61-64.
4. Centers for Disease Control and Prevention (CDC). *Breastfeeding Practices: Results from the 2003 National Immunization Survey*. Updated 8/11/04.

Additional reference

Meek, J.Y. (editor-in-chief). *American Academy of Pediatrics New Mother's Guide to Breastfeeding*. New York: Bantam Books, 2002.

August 2005